

Attenuation Information

What does "attenuation" mean?

It is the difference between the noise level outside the ear defender and the level inside the ear defender - in other words, the reduction in noise level. Ear defenders attenuate differently at different frequencies.

What does H, M, L stand for?

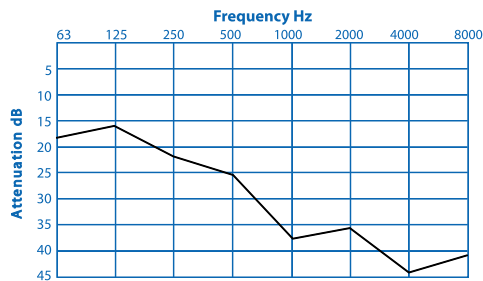
The letters stand for the value of attenuation at different frequencies: H for high, M for medium and L for low frequencies.

What does SNR mean?

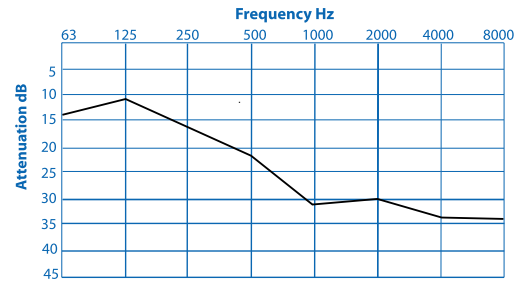
SNR relates to a statistics based single number rating indicating how ear defenders perform across the noise spectrum. Often, individual frequency attenuation can be vastly different to that indicated by the SNR value. SNR and H, M, L are sometimes used incorrectly to determine whether an ear defender is fit for purpose.

What is the legal limit for noise?

The Noise at Work Regulations 2005 permit an 8 hour time weighted maximum exposure level of 80 decibels dB(A).



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